

~Weekly Lunch Menu~



Week 45

Date: 5th October - 9th October 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Sliced peppers</i> <i>Apple slices</i>	<i>Cucumber sticks</i> <i>Mandarins</i>	<i>Carrot sticks</i> <i>Bananas</i>	<i>Cubed beetroot</i> <i>Pineapple chunks</i>	<i>Cherry tomatoes</i> <i>Kiwis</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Beef roulade served with gravy°</i> <i>Fried potato cubes°*</i> <i>Glazed carrots</i> <i>Cucumber sticks</i> <i>Sliced pears</i>	<i>Falafel balls served with a herb dip*</i> <i>Cous cous°</i> <i>Peas°*</i> <i>Carrot sticks</i> <i>Sliced mango</i>	<i>Veal chipolatas</i> <i>Onion sauce°*</i> <i>Rösti croquettes*</i> <i>Broccoli with almonds°</i> <i>Cherry tomatoes</i> <i>Grapes</i>	<i>Strips of pork served with peperoni sauce*</i> <i>Organic rice°*</i> <i>Cubed courgette°*</i> <i>Sliced peppers</i> <i>Oranges</i>	<i>Linguine°</i> <i>Tomato sauce°*</i> <i>Sweetcorn salad°* §</i> <i>Cucumber sticks</i> <i>Sliced apples</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	<i>Vegan (AB/AC) §</i> <i>Chicken steak (SG)</i>		<i>Turkey (SG/PR/PR)</i> <i>Rice(PR) Falafel AB/C</i>	<i>Veggie (AB)</i>	<i>Pasta* (SG/PS)</i>

°Lactose Free

*Gluten Free

**all fruits and vegetables are subject to availability

***Lunch is always served with water